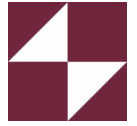


Setting a goal



Set one goal you can work on for the next week.

It's okay if it isn't about alcohol or drug use.

Choose something that is realistic and meaningful, that will be good for your wellbeing.

My goal for the week: <i>E.g. I want to cut down to only drink __ days a week with a maximum of ____ standard drinks on each of those days.</i>	
How I will do that: <i>E.g. I will tell supportive people about my goal, I will fill my weekend with other activities.</i>	
How does this goal make me (or others) safer? <i>E.g. I am less likely to be too drunk and pick fights with other people.</i>	
Who will help me achieve my goal?	
What are three things that could get in the way?	
What are three things that will help me?	

Whaia i tōu ake taumata.
Seek to fulfil your own aspirations.